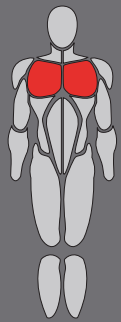


CHEST PRESS



Instructions:

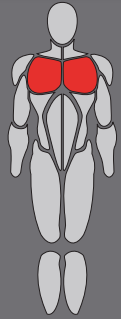
Adjust the height of the seat pad so the press handles are even with your chest and set the press arm starting position so your hand positions are even with your chest.

Grasping the bar handles in either the horizontal or vertical position, slowly push upward until your arms are fully extended, then slowly return to the starting position.

Muscle Group:
Pectorals



INCLINE PRESS



Instructions:

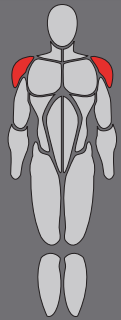
Adjust the height of the seat pad so the press handles are even with your chest and adjust the press arm starting position so your hand positions are even with your shoulders.

Grasping the bar handles in either the horizontal or vertical position, slowly push upward until your arms are fully extended, then slowly return to the starting position.

Muscle Group:
Pectorals



SHOULDER PRESS



Instructions:

Adjust the press arm starting position upward so when you are standing, your hand positions are even with your eyes.

Standing facing the machine inwards or outwards, grasp the bar handles in the horizontal position, slowly push upward until your arms are fully extended, then slowly return to the starting position.

Muscle Group:
Deltoids

